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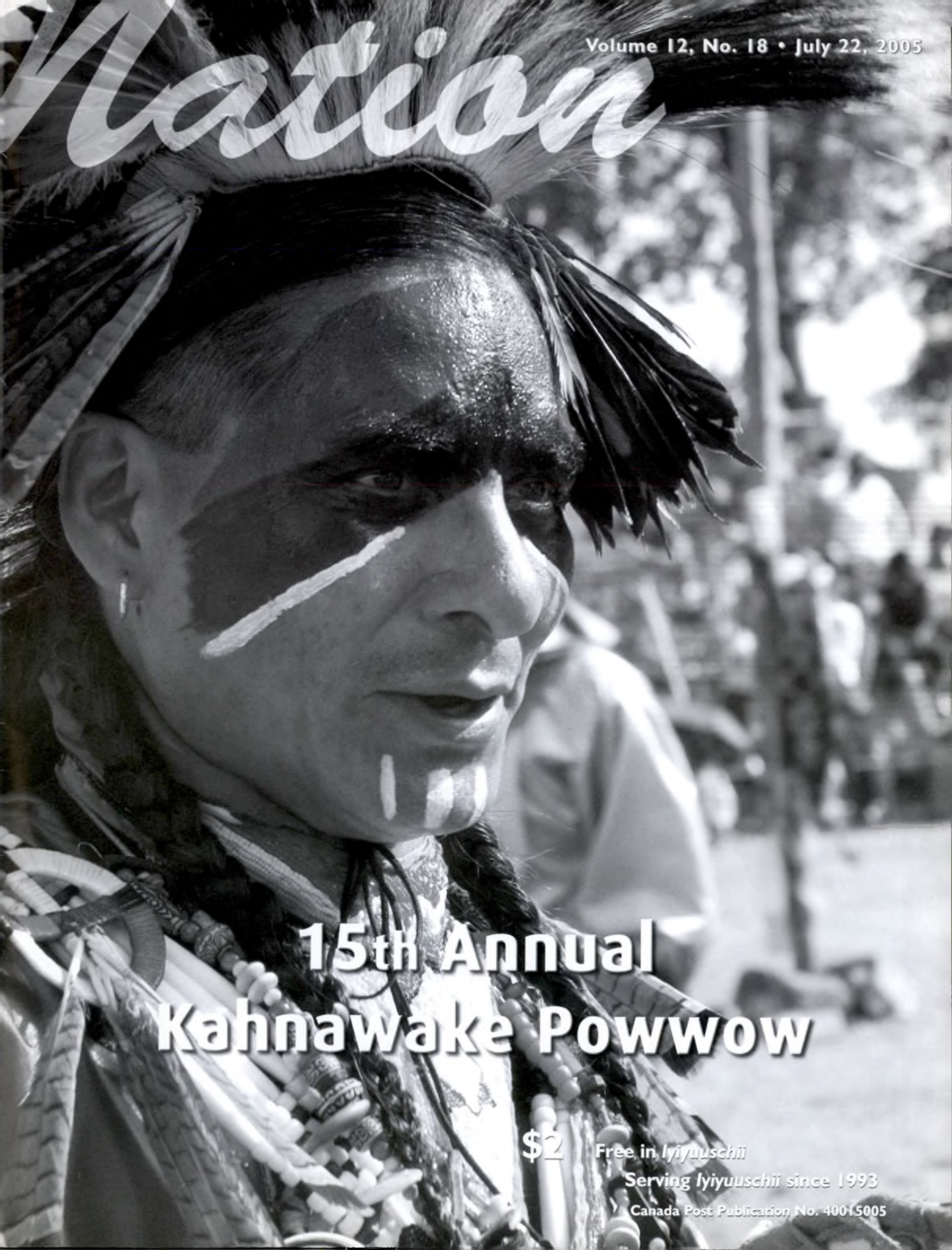
Nation



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Moose Cree First Nation

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Canada

editorial

Ramada: Where the towels are worth more than the customers

by Will Nicholls

It's six in the morning and I am in Ottawa with insomnia. I am staying at the Ramada Plaza hotel located across from the casino in Hull. The room is nice enough, but the attitude and treatment I received upon checking in left much to be desired. It led to my lack of sleep and disturbed me on many levels.

I was asked for a credit card. I declined to give one and was asked for $50 deposit. I would have had no problem with the deposit if it was for services such as using the phone or things like that. It turns out that it wasn't.

The deposit was in case I decided to steal towels or other hotel paraphernalia, the girl at the front desk told me. I was informed that I would receive my $50 deposit back once a staff member finished an inventory of my room upon my departure. I would need to give them a credit card number in order to have my hotel phone turned on and get various regular hotel services.

This is the first time I have ever been so blatantly called a thief before the fact. I was under the impression that in Quebec or the rest of Canada you were considered innocent until you committed a crime and they proved it beyond a reasonable doubt.

I would have to say I definitely didn't feel I was in Canada while I was having my passport photocopied by the hotel. This just reinforced the feeling I was considered a very bad element indeed before the fact.

It also made it obvious that Ramada doesn't trust their customers. This is surprising considering the type of business they are in. After all, they're supposed to be your home away from home.

I asked for a receipt of my $50 deposit. After all, if they don't trust me why should I trust them?

I must say that I felt like I was being racially profiled. You know that attitude, where if you are a minority and store security follows you around to make sure you aren't going for a five-finger discount? It was there but in this case it was my refusal to give them a credit card number, something no one is compelled to do. I have a cell phone if people need to get in touch with me, and I wasn't there to watch videos. I was there for a business meeting, not to be humiliated and marginalized.

I have always had an unwillingness to give out any information I don't have to. I desire and want my privacy. I also don't want identity theft happening to me. One doesn't expect this to happen in a chain like Ramada. That is exactly what we thought at a major hotel in Montreal some time ago when about 140 people at a National Native Friendship Centres' conference gave their credit card numbers to the front desk. They were entered into the hotel computer and some bank in the United States somehow received all the numbers. Many out-of-town delegates who wanted to do a little shopping in Montreal were surprised to find their cards maxed out.

I'm looking at a Ramada questionnaire asking, "How well did we serve you?" Hardly well at all, I would have to say. I have a right to keep whatever information I want about myself private, without any attitude or coercion. If I was a visible minority I could have sued, but since I am not there is no recourse but the Better Business Bureau, perhaps a lawyer or this editorial.

I could be wrong about Ramada and this just could be some bright-eyed young executive's idea of saving and making money at the same time. I mean you get rid of the one per cent theft factor while getting to bank someone else's money and making interest off of that. It may only seem like pennies but with the size of the Ramada chain those pennies would add up to a very pretty one indeed.

As for the "Ramada Plaza, a very good place to be," I moved out Saturday and plan never to be in such "a good place" again.

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Photo: Danielle Valade

Design: R. Lawson

rez notes

Scorchers

I thought May was bad for heat, reaching 28 Celsius, until the other day, I felt like I was blow-dried on high when I went for a so-called cool ride in the breeze. The wind, imported directly from the Arizona desert, tortured my now blistered red skin with constant burning sensations, eased only by an indoor stay or rare shadow and I wondered if it would get worse. It did, my lamenting for summer days and bearable weather broke at 39 degrees as the fanned indoor air in my sub-basement with duct taped windows barely dried the sweat clinging to my arm hairs. Ah... if I only knew how to swim... Then inspiration led me to the hardware department and I bought a nozzle for the hose I thought I would never use.

The first spray of cold water arched into the arid air and instantly attracted hordes of screaming children from the neighbourhood, which of course, attracted the attention of the nosy bodies in the neighbourhood who quickly spread the word about town in about two minutes. After a drop of hydrogen and a few of oxygen, I ventured back to my hole in the basement. Six hours later, the last child left due to extreme exposure to the cold frigid waters of the deep well and clouds blew over the sun, creating an instant fog out of the blue.

Summer was back to its grey doldrums and a collective sigh of relief was heard throughout town. Gone were the skimpy clothes and back were the sweaters, all generating a general cry of woe from testosterone-speedo clad, sun-burnt bathers. All is not fair, cried the male population. I agreed. Weather should be predictable and easy to understand.

On another note, bears have been out from their hibernation for some time now. With limited food supply and berries still not ready, they are coming closer to town foraging for food. Normally, the bears are curious animals and will look for food anywhere. Recently, a lone bear was sighted bemoaning the plastic pail stuck to his head and causing a general ruckus near my community, making life a little more comical.

That reminds me of another time on the James Bay highway when I was held hostage by a hungry bear that had got a whiff of the grease burger I left on the passenger seat. I had taken a call of nature and had just ventured out of the highway-side outhouse when the angry attacking bear forced me back in. I, worried of course for the paint and material of the rented vehicle, tried to scare off the animal. Only after a few quick gulps, wrapping paper and all, did I claim back my throne on wheels. We (animal and I) left tracks that I'm sure will still be there in some petrified state, studied by palaeontologists and badly interpreted, to be ridiculed for millions of years by the future human races.

Other than a few weeks of gorgeous weather and heat enough to appease everyone, life continues to re-adjust to normal conditions and talk is beginning to shift back to a normal wide-eyed view of the world, instead of blurred-squinting and lack-of-sleep looks that everyone had on their near black faces, where tan lines are compared to as battle wounds and forever scarred in everyone's memory. The funny thing is that summer is just beginning – will the solar madness continue?

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Canada

Grand Council negotiating constitution with Ottawa

By Steve Bonspiel

The Grand Council of the Crees is getting ready to assume control of their own destiny and create a constitution under which all Crees would live – and at the same time work towards a new relationship with the Canadian government that will see Ottawa deliver on past obligations under the James Bay and Northern Quebec Agreement.

"Our intention is that the federal power under section 22 of the James Bay and Northern Quebec Agreement be transferred to a Cree government and that the federal government stay out of environmental agreement processes," said Bill Namagoose, Executive Director of the Grand Council.

They had been working on an outline agreement for six years and finally reached a deal acceptable to both sides on July 4.

From there they hope to reach a draft agreement by September 30 and then bring it to the people to be signed before the end of this year.

Although no cash amount has been bandied about, it's estimated that this agreement could be worth several hundred million or even billions of dollars.

"There will be a funding amount to take care of the past," Namagoose said about Canada's failure to live up to certain obligations under the JBNQA. "That's the only thing to do about the past is to pay for the outstanding obligations."

One glaring example of a failure to live up to certain parts of the JBNQA was the fact that it took the feds 25 years to build an access road for Waskaganish, something that was supposed to be done shortly after the agreement was signed.

If the new agreement is accepted, and Namagoose does not foresee any obstacles, the much talked-about Cree Nation Police force will finally receive the federal portion of the funding it sorely needs to get going.

"We will be retaining some of the local constables, two or three of the guys, to start working on logistics of a Cree Nation Police Force," Namagoose stated. He also mentioned that Quebec is already on board, so they are two-thirds of the way there.

In return for the new relationship agreement, the Crees will settle any outstanding lawsuits against the feds, including a settlement of the Coon Come case, "to the extent possible," said Namagoose. The Coon Come case dealt with past obligations of both the provincial and federal governments and brought to the forefront First Nations as a third level of government in Canada.

"The federal government operates under the Cree Naskapi Act and they recognize nine communities, but they do not recognize the Nation as a whole," said Namagoose. "So now there will be a piece of legislation in three to four years from now passed by the federal government recognizing the Cree Nation."

Namagoose credits federal negotiator Raymond Chretien, who took over the process a year ago, as the driving force behind the new federal attitude.

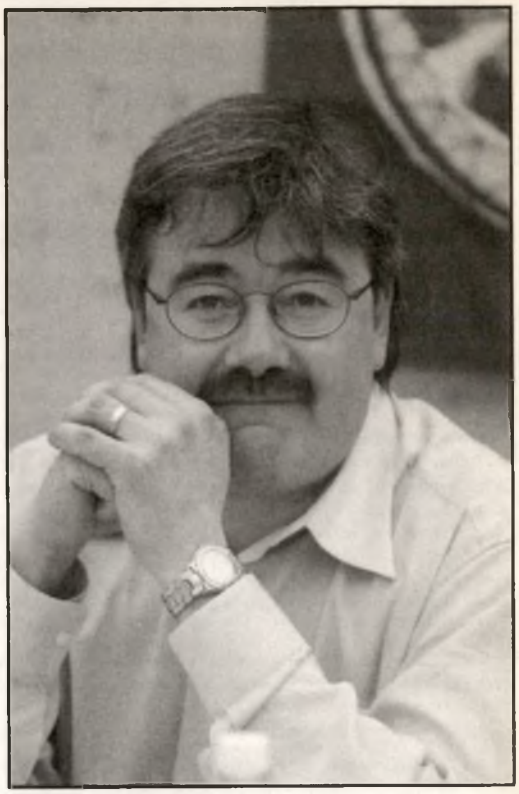

Photo by Will Nichols

Bill Namagoose

BILL NAMAGOOSE CREDITS FEDERAL NEGOTIATOR RAYMOND CHRETIEN AS THE DRIVING FORCE BEHIND THE NEW FEDERAL ATTITUDE.

"He took a different approach, a problem-solving approach," he said. "The first thing he did when he got hired was visit two of the Cree communities for a week. He was able to see and talk to a lot of people, and visit LG-2. The federal government used to say the LG-2 installation didn't concern them, but this is part of the Cree circumstance.

"The Cree government will continue to function after the 20 years, but after the 20 years maybe all the past obligations will be settled," Namagoose added. "This is to be discussed. There will be a package for the past obligations, plus operation costs for the Cree Nation government that will continue after the 20 years."

Namagoose also said that many other details have yet to be ironed out, but he is hopeful that in the near future the Crees will take their rightful place as a recognized Nation alongside Canada.

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The Cree Board of Health & Social Services of James Bay

The Cree Board of Health and Social Services of James Bay (CBHSSJB) is a Cree entity responsible for the delivery of services and programs for all residents within its jurisdiction. As well as being a regional board, the CBHSSJB also directly manages various classes of establishments. The CBHSSJB is recognized as Region 18 in the MSSSQ network and operates in accordance with Section 14 of the James Bay and Northern Quebec Agreement and the various Acts regarding health and social services. We are presently seeking innovative candidates who are dynamic leaders with compassion, dedication and operational know-how to fill the following managerial positions:

Assistant Executive Director

Community Health & Social Services

The role

Reporting to the Executive Director, you will contribute to planning, organizing, coordinating and evaluating the activities of the CBHSSJB. You will ensure the delivery, control and reporting of all preventive and curative health, public health, and well-being services and programs in Eenou/Eeyou Istchee. Working jointly with the AED Regional, AED Administration and AED Public Health, you will participate in the external scanning; strategic planning; organization, coordination and evaluation of services; and, communications with external parties. Contribute, with concerned program management, to the strategic, tactical and operational levels of program planning to achieve a seamless and integrated circle of care (continuum of services).

In collaboration with the AED Administration, ensure the line management of the human, material, financial and information resources of the wide range of services and programs within your responsibility.
Upon request, you may be required to replace the Executive Director in her/his absence.

You will be a member of the Executive Committee, the SRP Regional implementation Committee, the Program and Services Committee, and chair the Community H & SS Groups Management Committee.

Your Profile

- Knowledge and respect of traditional Eenou/Eeyou culture and language of the Eastern James Bay region;
- A combination of administrative and/or programming related experience and education equivalent to a Masters degree in administration, and 4 years of related senior level administrative or program management and leadership;
- Experience and ability in establishing and maintaining viable relationships with Community Members, Cree communities and other local and regional Cree entities;
- Understand and identify with the requirements of the Cree Nation and Cree communities with respect to management and program philosophies and orientations;
- Knowledge of the MSSSQ programs and regulations for Cree Integrated Health and Social Services Centres (CIHSSC), Youth Protection and youth healing programs is an asset;
- Strong line and staff/functional management abilities in a matrix organization;
- Ability to effectively carry out project management of major initiatives, in collaboration with all colleagues;
- Must have the appropriate computer skills;
- Excellent interpersonal communication, leadership, coaching and teamwork skills;
- Fluent in Cree and either French and/or English.
- Willing to travel extensively

Do you want the chance to contribute to the organization's development of Eenou/Eeyou approaches, methods and program for spiritual, emotional, mental and physical health? We are looking for a person to fill the new position of...

Assistant to the Executive Director for

Eenou/Eeyou Pimaatisiiun
(Cree Helping Methods)

The Cree Board of Health and Social Services of James Bay is in the process of implementing a five year Strategic Regional Plan to address the well-being and needs of Eenou/Eeyou Istchee. One of the key components in this process is the development and incorporation of Cree Helping Methods in all aspects of the organization's activities.

Beneficiaries will be able to have options among types of services, including traditional healing practices. The inclusion of Cree Helping Methods will also serve as a guiding influence in the way that we provide all services.

The role

Reporting to the Executive Director, you will be a key advisor to the executive management and governance. You will play an important role in defining and developing the exact nature of this new strategic initiative. Examples of this development include providing awareness and understanding of the planned goals such as integrating aspects of Cree Helping Methods in existing programs and services; incorporating "traditional protocol" healing practices within the organization's services; developing means for collaboration between "western" and traditional practices; developing quality assurance for such Cree Helping Methods, and facilitating the adoption of Cree ways of approaching, managing and governing all aspects of organizational functions.

Your Profile

- Your knowledge of traditional Eenou/Eeyou culture and language of the Eastern James Bay region with a proven experience in holistic healing practices are essential to this position.
- You are also able to lead teams in the development of programs and services.
- You possess a combination of administrative and programming related experience and education equivalent to a Bachelor degree.
- Fluency in Cree is essential and functional knowledge and use of either French or English would be an asset.
- You are willing to travel as required in the execution of your duties.

Place of Work: Chisasibi

The remuneration and benefits are according to the applicable policies MSSSQ network. In addition to the usual fringe benefits, moving and storage costs, and housing (when available) will be provided according to established policies. A northern allowance, and either 3 or 4 trips per year to the point of hiring, for employees recruited further than 50 kilometers, varies according to the employee's status (single or with dependents).

Please send a covering letter and resume by 5 p.m. August 1st , 2005, to the following address:

Director of Human Resources
Cree Board of Health & Social Services of James Bay
P.O. Box 250, CHISASIBI (Quebec) J0M 1E0
e-mail : vsnowboy@ssss.gouv.qc.ca
Fax: (819) 855-2680

CESO appoints its first Aboriginal Vice President

By Steve Bonspiel

The Canadian Executive Service Organization (CESO), the organization that aids small- and medium-sized businesses by providing financial expertise at little or no cost, has appointed its first Aboriginal Vice President for National Services.

Robert (Bob) Dickson, a member of Lac Seul First Nation and a graduate of Wilfrid Laurier University, joined the Board in 1996, and was promoted to Vice President in May.

He's elated to be joining the National Services management team in Toronto. "We have an outstanding team of men and women and I am looking forward to working with them," Dickson said. "I'm very pleased. I've been with this organization or associated with them for many years. I know CESO well and it's an interesting organization with great values and very interesting and good people."

Until recently, Dickson was General Manager of Niigon Technologies, a plastic injection molding manufacturing facility in Ontario.

He joined Aboriginal Business Canada (ABC), as an Assistant Deputy Minister in 1993 and became Executive Director about a year later. ABC is the federal government's lead agency for Aboriginal business development and provides a wide range of programs, services and information to Aboriginal entrepreneurs and communities in support of various business ventures.

"CESO has two legs, one is international work that we've been doing since 1967," he said. "And on the national side we work in the Aboriginal community and with non-Aboriginals, but most of our work is with Aboriginals in economics and governance."

Dickson said CESO is one of the few organizations that have a good rapport with Natives. "This organization has had a history since 1969 of working with Aboriginal people. In fact, half of our board is made up of Aboriginal people, and most of our managers are Aboriginal as well," said Dickson, who is the only Aboriginal to sit on the four-member executive group.

Photo courtesy Robert Dickson

Robert Dickson

"I think there's tremendous opportunity in this country to work with the Aboriginal and non-aboriginal community to really grow in terms of economic development and opportunity and in terms of governance and how they manage their businesses and organizations."

Dickson is willing to help those interested in learning more about the CESO or to use their services. "We'd love to hear from them, they can give me a call directly and I'd be more than happy to take their call or email and have a good chat and see what we can do together."

To learn more about CESO and how it can help your business, visit www.ceso-saco.com or call Robert Dickson at 416-961-2376, ext 238, or email him at bdickson@ceso-saco.com.

in brief

Mercredi begins political comeback

Ovide Mercredi is on the political comeback trail after being elected Chief of the Grand Rapids First Nation in Manitoba.

Mercredi has been in the political spotlight for years. From 1991 to 1997 he served two terms as National Chief of the Assembly of First Nations. He then supported Matthew Coon Come's bid for the same position.

Before his stint as National Chief, Mercredi was the Manitoba Vice-Chief and legal advisor for the AFN.

In 1993 he co-authored the book In The Rapids: Navigating the Future of First Nations, along with Mary Turpel.

Innu lose forestry injunction appeal

The Innu of Betsiamites are in a sombre mood after being granted a court injunction a month ago barring Kruger Inc. from further logging on Île René Levasseur – only to lose an appeal that can be chalked up to Mother Nature's wrath.

A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ◆◆◆

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The Cree Board of Health & Social Services of James Bay

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GAMBLING HAS BEEN WITH US FOR A LONGTIME IN EEYOU ISTCHEE.

Although it may be used as a social game, gambling may also generate addiction, with dramatic consequences in the social, economic, family and work life of an individual.

Examples are:

penny socials • raffles • scratch tickets • bingos • nevada tickets • hockey pools/hockey seconds • etc...

Obvious signs that a person may have a gambling problem:

- Spends long periods of time gambling.
- Begins to place larger, more frequent bets.
- Has growing debts, borrowing money constantly and never paying back.
- Pins hopes on the "big win."
- Promises to cut back on gambling.
- Refuses to explain behavior, or lies about it.
- Feels frequent highs and lows, always very moody.
- Boasts about winning never talks about all the losses.
- Prefers gambling to a special family occasion.
- Seeks new places to gamble close to home and away.
- Constantly and persistently denies that he has a chronic gambling problem.

Help is available. Please contact the social services department or see your NNADAP worker in your local clinics. Services are also available in health centers in Chibougamau and Val d'Or.

Like all addictions, we can overcome the gambling addiction!

Ron Shisheesh
Program Officer
– Tobacco & Gambling

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Quebec Court of Appeal Justice André Rochon handed down the decision July 6, ruling it is urgent to save trees damaged by forest fires that have ravaged northern Quebec. He also cited public interest as one reason to allow Kruger's crews to salvage the damaged trees on the island.

Île René Levasseur has been at the heart of a dispute between the Innu and the Quebec government for years.

Justice Rochon also added that a full-fledged appeal hearing would be heard during the week of November 7.

The Innu have claimed the land, roughly four times the size of Montreal, as part of their traditional territory. The Quebec government has assured the Innu that only the trees which should be salvaged because of fire damage will be extracted from the island.

RCMP targets Native youth program

A program aimed at providing Aboriginal youth with traditional hunting and fishing skills was abruptly put to a halt by the RCMP's INSET (Integrated National Security Enforcement Team) in British Columbia June 27.

That's when three members of the training program were arrested after purchasing hunting equipment bound for Tsawataineuk First Nation. The hunting equipment in question included 14 Norinco M305 rifles and 10,400 rounds of ammunition.

Conservative MP John Cummins (Delta) was quick to comment and labeled the two individuals "masked thugs." He believed the men were arming themselves to protect their land.

The two men are members of the Aboriginal Warrior Society. They were taken into custody and then released without charges. They were participating in a program designed to curb the substantial rate of suicide in BC's northern communities.

The program is a 24-day excursion in the Kingcome Outlet, and it will continue despite interference. Ten participants aged 21 to 55 are scheduled to take part in the outing.

All of the firearms were legally obtained. But the RCMP has not returned the weapons and other items confiscated, valued at $23,000. Criminal charges are pending while the investigation continues.

In a statement, the Union of B.C. Chiefs said the OITT is a step to reconnecting youth to the land and their culture.

"Indigenous communities live in a condition of impoverishment and economic dependency," stated the BC Chiefs. "If we return to the land and learn to sustain ourselves again we can effectively address many of our poverty issues. To address this, the focus will be to reconnect the Indigenous person with their traditional way of life."

Hydro looks to wind for future power

Hydro-Québec's future energy focus is literally blowing in the wind. And the new policy could be a win-win situation for the Cree.

Premier Jean Charest and Hydro President Thierry Vandel announced June 29 that Quebec is poised to become a world leader in the production of wind power.

"If you want to assume a leadership position, you act now. You don't wait," Premier Charest said in a story that appeared in the Gazette.

Grand Council spokesman Brian Craik admitted to not knowing much about the announcement, but said the Grand Council supported the decision. "It's great that Hydro will be producing wind power," he said. "If they want to do that, great for them."

Some of the leaders in the Cree world started exploring the possibility of producing wind power last year as a viable economic alternative for the Cree Nation. The James Bay coast is one of the windiest places in Canada. More wind power could also mean less reliance on hydro dams.

The Quebec government had already given the okay to 1,000 wind energy contracts for the private sector last winter. The extra 2,000 megawatts is expected to generate $3 billion in private-sector investments and hundreds of jobs for Quebec residents.

"Alongside that $3 billion, there will be certain investments that Hydro-Québec is going to have to make, in terms of upgrading and integrating the power capacity on the grid," Thierry said. "It's really hard to put a number on that today. It's really going to become clear once we know where these projects are taking shape."

Charest stated that 3,500 megawatts of electricity – which represents 7 per cent of the current global production – would make Quebec a world leader.

Craik added that if the Cree wanted to produce wind power in the future, they would have to negotiate with Hydro-Quebec to do so.

Former AFN leader guilty of hate speech

David Ahenakew, the outspoken former leader of the Assembly of First Nations, has been found guilty of promoting hatred after anti-Semitic comments landed him in hot water recently.

Ahenakew, 71, was fined $1,000 July 7 and proceeded to berate the justice system. "First Nations people have never received a fair trial in Canada's judicial system. The jails of our country are full of our people. My case was as much about racism against First Nations as it was about alleged racism against the Jewish community," said Ahenakew.

A sample of a few of the many comments that resulted in charges against Ahenakew included calling Jews a "disease" and expressing support for Hitler and the fact that he "fried" six million of them during the Second World War.

The comments were made while speaking to Saskatoon StarPhoenix reporter James Parker two and a half years ago.

continued on page 19

feature

Kahnawake Powwow's 15-year Anniversary

Photos by Danielle Valade Story by Steve Bonspiel

It has been 15 years since Kahnawake Mohawks held their first Powwow and judging by this year's turnout, the show only gets better with age.

Year after year the spectacle – which was created to help heal the scars of the Oka crisis – seems to get bigger and better. That result held true July 9 and 10 despite Saturday's downpour.

Dancers dueled in over 30 competitive categories from the smoke dance to the women's jingle, all the way up to the 60-plus category of Golden Age Traditional Dance.

The event was created not only to stitch the wounds suffered within the Mohawk Nation, but also to teach non-natives of the plight of the Mohawks. The Oka Crisis was a 78-day standoff that saw the Quebec government scramble to save face after a horribly botched police raid at the nearby Mohawk community of Kanesatake.

Sureté du Québec officers stormed a peaceful group of Mohawk protestors in the early hours of July 11, 1990. The people were camping in the area known as the pines, determined to halt expansion of the Village of Oka's nine-hole golf course.

The police launched tear gas at the gathering of mostly women and children and then turned tail and took off, some without their vehicles. SQ Corporal Marcel Lemay was shot and killed in the turmoil. The Canadian Armed Forces then besieged the community for the rest of the summer.

Every year, organizers of the Powwow put on a showcase of Native traditional food and dance to somewhere between 15,000 and 20,000 people. Here's to another 15 years!

Cree Nation of Eastmain

8th Annual Golf Tournament

August 5, 2005

At Le Golf du Belvedère in Val D'Or

Wachiya!

On behalf of the Cree Nation of Eastmain, we wish to take the opportunity to congratulate everyone on the success of the previous golf tournaments, and it is at these occasions that we see the enthusiasm of working together to build a better relationship.

TEE OFF STARTS AT 10:30 a.m.

INVITATION TO ALL TO JOIN US FOR A DAY OF GOLF!

Registration

Registration of participant (s) and dinner guest (s)

- Golf & Supper $125.00
- Supper only $40.00
- Tournament Sponsor $1000.00
- Tournament Sponsor $500.00 or less

The sponsors will also receive the following benefits:

- Prime mention of their sponsorship at the tournament supper
- Company name featured at the administration office in Eastmain
- Golf Shirt

This tournament is organized for the intention of good friendship and to be part of a great day of golf for a great cause

Please make cheque Payable to:

Cree Nation of Eastmain
C/O Lloyd Mayappo
Eastmain, Qc
P.O Box: 90, J0M 1W0

Forward all registration forms by fax to the following people:

Lloyd Mayappo
Tel: 819-977-0211
Fax: 819-977-0281

Daniel Ringuette
Tel: 819-874-5151
Tel: 819-874-6835

Marc Antoine Trahan
Tel:819-824-2711
Tel: 819-825-2145

The evening will be highlighted by Kim Picard Designs Fashion Show

As a young Fashion Designer with many years of experience, and winner of several provincial and international awards, Kim is proud of her Aboriginal heritage, and is pleased to share her culture with others through her creations.

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Kahnawake Powwow

CONSTRUCTION
TAWICH

Second Posting

Vacant Position – Road Maintenance Supervisor / Operator

OPEN FROM: June 12 to July 28, 2005
HRS/WEEK: 65 hours per week
SHIFT: 30-day period with 10 days off
BENEFITS: Negotiable
SALARY: $56,400.00 - $59,800.00
PLACE OF WORK:
Wemindji, Qc. (LG-3 Garage)

JOB SUMMARY:
The job requires an experienced and qualified individual who is able to supervise and operate heavy equipment. Individual will be required to maintain 202 kilometers of gravel road. The road maintenance work consists mainly of road grading, road repairs, water control, snow plow operations and gravel hauling. The Transtiaga Route is contracted to Tawich Construction Inc. and is administered by the Societe de Developpement de la Baie James with an operation office situated in Radisson.

SPECIFIC REQUIREMENTS AND QUALIFICATIONS:

- Minimum five (5) years road maintenance supervisory and heavy equipment operations experience.
- Must hold a class 1 Quebec drivers license and heavy equipment operator's certificate issued by a recognized institution or a CCQ permit; to operate a grader, excavator back hoe, loader, bulldozer and 10 wheel dump trucks.
- Must have knowledge in the operation of small machinery, i.e. hot water steamer, water pumps, welding machine and compressor.
- Must have knowledge to perform equipment maintenance and repairs.
- Must have the ability to give instructions to the road crew and execute same as directed by company personnel and SDBJ road inspectors.
- Ability to effectively supervise daily work tasks, execute work assignments, successfully and productively.
- Must be able to submit written daily reports on equipment maintenance operation – hours, weather reports, road conditions, and workers timesheets on a weekly basis and submit to the company head office in Wemindji.
- Must have good oral and written communication skills in the English language.
- Knowledge of the French language would be an asset.
- Must be able to use office equipment, e.g. fax machine, phone systems and computer knowledge would be an asset.
- Must be able to make good judgment decisions in urgent and emergency situations.
- Must take responsibility for employee absentees, failure to follow instructions, disrespect towards company personnel, public work misconduct, neglect and damages to company equipment and public property.
- Must be able to initiate and motivate teamwork with co-workers.
- Must exercise and insure safety in the workplace at all times.
- Must comply and execute SDBJ contract specifications and regulations as stipulated in the contract.

Priority will be given to Cree Beneficiary applicants.

Persons interested in this position are requested to send in their resume, with at least three (3) references and supporting operator's certification documents, by July 28th, 2005 at 5:00 pm to the attention of:

Director General
Tawich Construction
16 Beaver Road
Box 209
Wemindji, QC.
J0M 1L0

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WILL on the GRILL

story and photos by Will Nicholls

Tre Marie

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Chef Carmin at Tre Marie

One satisfied customer among many

They say that special occasions call for special restaurants. You want the food to be fantastic. But there are other ingredients that go into a celebratory meal. "Tre Marie" is casually elegant, with nicely spaced tables and comfortable chairs. Overall it has a special intimacy that is a pleasing experience for anyone who has ever been in a restaurant.

Service matters at Tre Marie. You get a warm welcome and waiters who are attentive but not obtrusive and willing to recommend choices that turn out great.

Tre Marie started off in 1967 as a family business and remains so to this day. Three generations have gone into making this restaurant something special. The menu isn't large but everything they make in this Italian-style restaurant is exceptional.

I brought two friends there as one was celebrating a birthday. Two hours of spectacular food in a warm atmosphere bathed our souls in contentment. There's no other way to say it. Good company, good food, good wine and a pleasant atmosphere made this a beautiful memory for my friends.

While my friends went with the traditional Italian offerings, I went for the fish. It was so tasty that I had no choice but to ask for the recipe, which they were pleased to give me. I, of course have no choice but to share my good fortune with you.

Truit Tre Marie

2 fish fillet

2 whole lemon peels grated (keep juice of lemon)

1 orange peel grated (keep juice of orange)

4 onions finely chopped

2 cups fish stock or broth

Basil

Other veggies (broccoli, zucchini, carrots, etc.)

1. Grill fish.
2. Stir fry onions until translucent.
3. Add citrus peels.
4. While this is simmering, add juice and then basil and fish stock.
5. Steam veggies (microwave steam for 5 minutes or pan steam for 8).
6. Put 1/4 veggies in wide soup bowl. Layer fish and veggies.
7. Add citrus broth and serve. Salt (or substitute) and pepper to taste.

If you can't find fish stock (cube or readymade broth) then the recipe below is one for you. It is a variation of a traditional fish broth and tastes great. It's a great hangover soup for those foolish enough to overdo it the night before.

Will's Fish Broth

2 lbs fish heads

2-3 sprigs of parsley

1 medium onion chopped

1 cup celery finely chopped

1 pinch thyme

2 bay leaves

1/ 4 teaspoon celery salt

1 clove garlic crushed

1 cup wine (preferably white—optional)

3-4 cups water (4 if no wine)

Salt (or substitute) and pepper to taste

1. Throw everything in a pot and bring to a boil.
2. Lower temperature and simmer for 20 minutes.
3. Pour through a strainer.

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Prenez avis

que Danny David Namagoose, dont l'adresse du domicile est a Waskaganish, casier postal 123, a déclaré au Directeur de l'état civil être le père de Wyonna Tianna Cooncome, née 15 décembre 1997 a l'Hôtel d'Amos et fille de Amanada Cooncome. En conséquence, le soussigné requiert du Directeur de l'état civil qu'il inscrive son nom comme père de Wyonna Tianna Cooncome dans l'acte de naissance de cette dernière et dont le nom de famille sera modifié pour se lire comme suit: Namagoose Cooncome

Prenez en outre avis que toute objection d'un tiers a la présente déclaration doit être notifiée aux Directeur de l'état civil au plus tard dans les vingt jours (20) de la dernière publication d'un avis de cette déclaration.

Waskaganish. Le 6 Juillet 2005.
Danny David Namagoose

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Vote John S. Matoush
For Youth Grand Chief

Since 1998, John has made significant contributions to our Cree Nation Youth throughout Eeyou Istchee. With your confidence on August 3, 2005, through teamwork, he can continue his contributions in addressing the growing demands of our Youth throughout Eeyou Istchee and he will commit his efforts in asserting the dynamic voice of our Youth throughout Eeyou Istchee.

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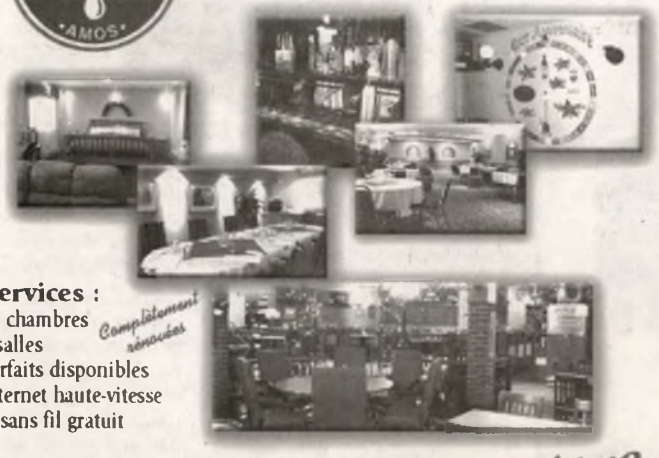

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Trouble in Paradise

by Xavier Kataquapit

I have always had a hard time shopping. Most of my people from up the coast are like me when it comes to going to the mall or to large department stores to make a purchase. There is always a certain amount of fear when I walk into a modern store. It is a strange place to me and it is very intimidating. Usually, I try to do my shopping as fast as I can so as to go through as little frustration as possible. My shopping problems continue after I leave when I find that my purchases were not exactly what I wanted. I then find myself heading back to the store again several times before I find what I want.

I don't think I was ever prepared in my upbringing and education to deal with places like a shopping mall or department store. As a young boy growing up in my home community of Attawapiskat, I had no real idea about what the outside world was all about. My friends and I saw this strange distant world through television. Most of the time we watched educational programs from CBC or TVO and reruns of religious movies or programming on a dedicated channel broadcast by the local church. Sometimes, if we were lucky, we caught a local signal from a movie channel or an American station. We craved modern programs, the American sitcoms, the newest movies and the latest TV shows. This greatly influenced our image of the outside world. It was amazing to watch from our homes in the remote north. Everything on television was clean, healthy, easy and seemed available to anyone.

In between watching these glamorous images, there were the commercials that advertised the latest hair-care products, the newest cars or trucks and the most recent movies. We watched with these new trends envy because we knew that we would never have access to the latest products in time to be modern or hip. Back then, no one ever bought a brand new car because no one had access to one. By the time we watched a movie we wanted, we were still waiting for a dozen other blockbusters of that year. It was a like a bad cycle, the more we watched television, the more we wanted.

We had a need to go shopping because the television told us to do so. We had only two options, the Hudson Bay Store (Northern Stores) and Koostachin's Convenience store. Whenever the latest products came in, they were gobbled up before too long and everyone else waited for their chance for the next newest thing to hit the shelves. Since there was not much choice in our stores people always ended up buying the first thing they saw. If you had money in your pocket then you felt compelled to spend it.

I was excited when I left my community to go to high school in Timmins with my older brothers. I left home when I was 13 to start my secondary school education and I had a lot of expectations of the outside world. Mom and dad gave me money to buy new clothes and all my school supplies for the year. Unfortunately, I had no one to show me the first thing about shopping. My brothers could provide little help because they had their own troubles with this task.

I remember walking into the Timmins Square shopping mall for the first time and being totally mesmerized. It was like I had some kind of shopping overload. I had money and I had access to many different stores. What I didn't expect was the feeling of nervousness and anxiety once I started shopping. For one thing, I was in Timmins, a large city I was not accustomed to and on top of this I was in a non-Native environment and I could easily sense that I was a minority. I nervously picked out my clothes wondering if I would like them. I went to great lengths to stay away from the store clerks. I was just so shy and scared. I spent every penny I had in a few short hours and at several shops. At the very least I felt now as though I could somehow blend into the society in Timmins. I had all the right pants, shirts, hats, shoes and jackets.

The problem was that it had cost me everything and cleaned out my bank account. In addition, once I got back to my place and tried all my new things on I was shocked to discover that I really didn't like them all that much. That was my first big clue that life was not going to be as dreamy as the television had projected it from the so-called civilized south. I had done what the television had demanded and it just did not seem to work. Things only got stranger from there.

THE CREE SCHOOL BOARD'S SABTUAN CONTINUING EDUCATION DEPARTMENT
IS PROUD TO ANNOUNCE THAT IT WILL BE OFFERING THE FOLLOWING PROGRAMS AT THE REGIONAL VOCATIONAL CENTRE IN WASWANIPI.

Program's Name	Starting Date	Number of Hours
Recreational Vehicle Mechanics	Sept 05, 2005	1800 hrs
Hairdressing	Sept 05, 2005	1455 hrs
Accounting	Sept 05, 2005	1350 hrs
Carpentry	Sept 05, 2005	1350 hrs
Plumbing & Heating	Jan. 06, 2006	1500 hrs
Homecare Assistance	Jan. 06, 2006	1350 hrs
Computing Support	Jan. 06, 2006	1800 hrs
Other Possible Courses for 2006-2007 (September 2006)		
Professional Cooking	Sept. 06, 2006	1350 hrs
Outfitting	Sept. 06, 2006	900 hrs
Forestry	Sept. 06, 2006	1260 hrs

For more information, please contact Willie C. Ottereyes, Centre Director, at 819-753-4040, or the Education Consultant of Sabtuan Continuing Education of your community.

Or go online at cscree.qc.ca and click on "Fall 2005 Grand Opening" then click again on "Programs".

You can access the application form, print it out and give it to the Continuing Education of your community or send it to Nancy Mianscum in Mistissini.

continued from page 9

ONE MORE RIVER IS COMING TO YOUR HOME TOWN ON DVD!

Filmmakers Neil Diamond and Tracey Deer turn their cinematic gaze onto the historical Paix des Braves Agreement of 2002.

Be on the lookout for this intriguing, intelligent and thought-provoking film that critics say is a must-see, on sale now at the following local retailers in your community:

- Chisasibi General Store
- Chisasibi Co-Op (Chisasibi)
- VJ's Video (Chisasibi)
- Eastmain Grocery
- Video World (Mistissini)
- Community Store Cree Nation – True Value (Mistissini)
- Arts and Crafts (Waskaganish)
- Waswanipi Grocery
- Karen's Depanneur (Waswanipi)
- Sam's Video and Coffee Shop (Wemindji)
- Clayton's Video Store (Ouje-Bougoumou)
- Nemaska General Store
- Northern Stores in: Chisasibi, Whapmagoostui, Wemindji

Be the first to own *One More River* on DVD. Join the discussion. Have your voice heard.

Ahenakew has also been informed by a letter from the Governor General's office that the Order of Canada bestowed upon him in 1978 has been revoked, barring any contestation on his part.

Foster Home Sought

Two great brothers, Mark 4 and Michael 23 months, need a caring and nurturing home. They are affectionate and caring towards each other. They sleep well and enjoy a structured daily routine.

Mark is a sensitive and patient child who plays well with other children. He can be stubborn and testing of rules but responds well to structure. Although his speech is not well developed and is being monitored medically, he is able to express himself and enjoys partaking in conversation and play.

Michael is a busy, curious and bubbly toddler who gets into everything, as only a toddler knows how. He is learning potty training during the day.

The brothers' parents are unable to care for them, thus, they are in need of a long-term foster family who will be able to make the commitment to adopt them if they become adoptable. In order to meet their overall needs a Black or Mohawk family would be ideal.

Please call Batshaw Homes for Children at (514) 932-7161, ext. 338.

Cree Nation of Chisasibi

Congratulations to all 25 graduates of the James Bay Eeyou School!

Education helps to build our nation as a whole, and we are all so proud of you and your accomplishment. Wherever your goals and dreams may lead you, always remember your heritage and your culture. Remember the path your ancestors paved for you, now it's your turn to create one for the next generation. Everything you do in life to better yourself will make you stronger and as a result make the Cree nation stronger as well. Keep your dreams alive and the Creator will guide you through it all.

From Chief Abraham Rupert and the Cree Nation of Chisasibi. And from all of your proud parents.

Mistissini Police 9th Annual Fishing Derby

Mistissini Police would like to present to you the official results for the 8th Annual Fishing Derby which was held on August 20-22, 2004. We would like to express our gratitude to the participants for their continued support to the community. This event would not have been possible if we had not had such a good response from our sponsors. We had in total 47 sponsors and there were 247 participants for our event. We also had approx. over $10,000 in prizes to be won. We made $4,470 in donations from the registered participants and we have donated the amount to the Sonrise Children's Bible Camp.

Sponsors for the 2004 Annual Fishing Derby

Major Sponsors ($1,000.)
Meechum Reg'd, Public Health, Centre 2MRC, Cree Sports & Outdoors, True Value Mist.

LOGO ($500. to $800.)
Recreation Department, Hydro-Quebec, Cree Nation of Mistissini, Caisse Pop Mistissini, M.L.T.A.-CINI-FM Radio, Osprey Excursions, Cree Trapper's Association, Public Works, Location Iserhoff, Video World, Mist Native Women's Association, Tawich, C.O.T.A., Eskan

Gold (under $400.)
The Nation, Chiiwetin Gas Station, Mwaak Outdoor Excursions, Johnny Gunner Reg'd, Chibougamau Automobiles Inc, M.L.S. Construction Inc, Hotel du Fort, Nisk Carpentry Construction, Voyageur Memorial School, Mistissini Lodge, Senex, Pierre Savage, Zac-Kay Eeyou Consultant, Perron & Freres.

Silver (under $200.)
C.C.D.C., K.W.B. Consultant, Lettrage Waldi, Soudure Clement Gagnon & Fils, Michel Letourneau – Depute d'Ungava, Librairie Ungava, Sports Plein Air Gagnon, Denise Restaurant, A.T. Mianscum Excavation, Eeyou Miichuwaap, J.G.T. Excavation Reg'd, RJC Equipment Reg'd

Bronze (under $100.)
Le Coq Roti, G.M.F. Esso, InterSport, L'Intermarche Bradette & Fils Inc, Ferlac, Librairie Chibougamau Inc, Cameleon, Chaussure Pop, Resto et Bistro Romeo et Juliette, M.A.S. Chibougamau Inc, Librairie Ungava, La Chaumiere, Joe Besson Chibougamau Enr, Hotel Chibougamau, ID Logic, Pizza Marko's, Amptech Inc, Quick Stop Cafeteria, Sport Nautique Daigle, Gagnon & Frere DuMoulin, Ameublement Jeanne, Metro Larochelle, Plomberie Chibougamau Inc

Derby Results

Pike		
1st	19.8 lbs.	Luke Macleod
2nd	19.5 lbs.	Abel Coon
3rd	17.6 lbs.	A.J. Quarrington
Walleye		
1st	5.6 lbs.	David Mianscum
2nd	4.8 lbs.	Stanley Mianscum
3rd	4.7 lbs.	Howard Fetter
Lake Trout		
1st	19.7 lbs.	George Shecapio
2nd	19.2 lbs.	Helen Longchap
3rd	11.5 lbs.	Richard Iserhoff
Speckle Trout		
1st	3.7 lbs.	Frank Bordeau
2nd	3.5 lbs.	Charlotte Shecapio
3rd	3.4 lbs.	Stephane Fortin

Combine Weight Winner:
George Shecapio - Total: 34.7 lbs.
Pike – 11.2 lbs.
Walleye – 2.7 lbs.
Lake Trout – 19.7 lbs.
Speckle Trout – 1.3 lbs.

It is with great pleasure that the Mistissini Police Service announces that it will be hosting its 9th Annual Fishing Derby on Mistissini Lake, the biggest natural lake in Quebec.

The event will take place on August 19th to the 21st, 2005.
Registration will be accepted until August 19th.

This is a not-for-profit event, so any selected funds raised at this event will go to a fund for the late Henry Wapachee's family.

For more information, please contact the Mistissini Police Service

Tel: 418-923-3278 Fax: 418-923-3076

CLASSIFIEDS

BIRTHS – 100

A very special boy will be celebrating his 7th birthday on July 11, Christopher-Robin Wallace House. Wow my boy is 7 years old. And I can really say time flies fast! Hope grandma makes it special for you and that Neenee buys you what you've been wanting. I miss u and baby boy Tyreese so much! (Hello my baby) So my son, I am wishing you a very happy birthday and enjoy your summer! (Take care of yourself when u ride yr bike, I don't like seeing scratches all over u) Enjoy yr birthday my handsome love! I'll make it up to you once I get a chance to visit! Love you always from Mom, Racheal in MTL.

Wishing a Happy 2?th (never mind It's 4 me to know and people to find out...lol) Birthday to Lorraine Jolly. Wishing you the best in life & hoping your special day was full of joy & laughter, and remember, "You're not getting older, you're just getting better." In Friendship, Sherry,

One of the most Special Persons in my life will be celebrating her Birthday on July 14, 2005, my Mom Mary Blacksmith. Mom, wishing you the very best in life & in health. I Thank God to have a mother as wonderful & caring as you are. Mom, I know I may not say it as often as I should, but I know you do know that I Love You Very Much. Hope your day is full of Joy & Laughter! With Love, Sherry.

We would like to wish someone very special a happy belated birthday on July 9,2005. Her name is Elsie Pepabano. H-Bday googum. We thank you for everything you have done for us. Hope you enjoyed your special day. We love you, hugs & kisses. Much Love from, Duane, Jonathan & of course Dashee Jasmine Sam.

Happy Belated Birthday to our Grandma Elizabeth Sam on June 2, 2005. Thanks for everything you have done for us. We Love you so Much. From, Duane, Jonathan and Jasmine (Dashee) Love you. Xoxox.

We would like to wish our baby girl a happy belated 11th birthday on June 27th to Camelia Jonah. Happy birthday girl, and we hope that you are enjoying your dream vacation in Wemindji. Anyway, if you ever get lonely just call us. And always remember that we love you very much and miss you so much. P.S. Be a good girl and don't give Christine and Ron a hard time, and give a big kiss to our friend Tye. Love Always Mom and Dad xoxoxo, sending kisses to you all the way from Waskaganish. I would like to wish my baby sister Camelia Caroline Julia Jonah a Happy 11th Birthday on June 27th, 2005. Already 11, how time flies eh? I can still remember when I heard the news that our mom delivered you into this world. Now you have grown into this beautiful young lady. I hope you enjoy your visit in Wemindji. Always remember even though when we are miles apart you're just a phone call away & my love is always near!;). Sending all my love to you Baby (as we call you). Love always your oldest friend & sister, Christina Jonah (Wask) ~xoxox~ Luv Ya! P.S. I know this message is late. Better late than never!:) We would like to wish a happy 4th wedding anniversary to Margaret & Johnny on June 27th, 2005. From Valerie Jonah & Family in Waskaganish

I would like to wish a happy birthday to my loving husband, Calvin Hester, on July 3rd, 2005. I love you more than words could ever say. Your wife, Laurie Ann. We would like to wish our dad, Calvin Hester, a very Happy Birthday on July 3rd, 2005. We love you so much daddy. Have a good time on your special day. Love always Sequin, Dillon, and Desmond. Happy birthday to our uncle, Jason Hester, on July 3rd, 2005. Hope you have a great time on you special day. Love always, Sequin, Dillon and Desmond.

Anyone lookin' for a hard workin' lady? Someone who loves kids, cookin', workin', watchin' TV and especially having fun and eating junk? Name, Charlene Blacksmith. Lol, just kiddin' there aunty! Did we scare you? Anyways, happy birthday to you on the 18th! Mommy told us about it! Thank you for everything that you do for us. Especially when u get to keep us so that we can annoy you! So happy birthday and many more to come. Love always, Christopher-Robin and Tyreese House. Xoxox

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SECRETARIAT TO THE CREE NATION - ABITIBI-TEMISCAMINGUE ECONOMIC ALLIANCE

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Abitibi-Témiscamingue Business People Visit Whapmagoostui, Chisasibi and Wemindji

The Secretariat wishes to thank Chief David Masty of Whapmagoostui, Chief Abraham Rupert of Chisasibi, and Chief Reggie Mark of Wemindji for their warm welcome given to the group of Abitibi-Témiscamingue business people and Secretariat Board Members during their visit in July 2005.

Thank you to all community residents for their participation and hospitality, which was greatly appreciated.

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J9P 2H6

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Automobile insurance
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Fax: 819-737-2104
790, 10e Avenue,
P.O. Box 999
Senneterre, QC
J0Y 2M0

Notice of request for a name change for a minor

Please take note that CHRISTINE CHALIFOUX, mother, living at P.O. Box 285 in Waskaganish, Qc. will present to the Directeur de l'État civil du Québec, a request to change the name of ROXANNE DAYNA TAMMY LEE NEACAPPO for the one of ROXANNE DAYNA TAMMY LEE CHALIFOUX.
Signed in Waskaganish on June 15th 2005.

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CLASSIFIEDS

Happy Birthday to my one and only sister, Miss Charlene Blacksmith on July 18. Words cannot express my feelings for you, my sis. Thank you for all the wonderful things that u have done for me and my boys! Always remember that I love you and miss you dearly! Have a wonderful day. Enjoy it and go fishing before they all go out! U know what I mean, lol! With love always, sis Racheal MTL (come and visit me soon).

Happy birthday Tony Rupert on July 12. From, Us... you might know us.

I would like to say a Happy 8th Birthday to Charlotte Matoush on July 11th/05. And to Shania Matoush, Happy 6th Birthday on July 13th/05. Both of them are from Wemindji. Hey girls hope you had fun on your birthday's. I'm so sorry that your father is not here with you, to spend your birthdays with you girls. I know you miss your father very much. Once again, Happy Birthday Charlotte & Shania Matoush I love you both very much. Love from your Auntie. (Wemindji)

WEDDINGS - 102

I'd like to congratulate Andrew Murdoch & Pamela Capissisit on their upcoming wedding in the year 2006! I'm so happy you both are getting married. I'm sure you both are a match made in heaven! Hahahaha, I can't wait till the day comes so I can see just how beautiful your wedding is going to be. I know it's going to be very nice and I may add. big party! Hahahaha, just knowing you both have big families! Sah, gimah nii! Hahahaha! Andrew I'm so proud of you. Ur going to be a man next year! Right now you're just a guy not yet a man! Hahahaha, get married sooner! How about this September? Yah? I just can't wait, ok! Can I be your maid of honour Pam? Or better yet, just invite me! If I get an invitation I promise to frame it! Please! Hahaha, Congratulations to you both! From Waskaganish people! P.S. Get married in Valdor, lol. 2 Thumbs up to you both!

ANNIVERSARIES - 103

Happy 23rd anniversary to our wonderful and loving parents John & Maryanne Otter on July, 10.

We are so lucky to have parents like you; you've always been there for us no matter what. We wanna thank you for everything that you have done for us. Once again congratulations and we love you both so very much. From your children, Stephanie, Jonathan, Miranda, Anthony, Amelia, Celeste and Terianne Otter and also from your granddaughters Toronna and Lianne.

CLASSIFIEDS

PERSONAL - 300

Now that the course is over, now that you finish this training, I want to wish to the 14 of you my best wishes in your career as educator in early native childcare services. Continue to give your best to the most precious things of your community: the children of Wemindji. Continue to bring your smile, your heart, and your soul in your daycare. Don't forget that you have the best job in the world: you can make a difference in children's lives. Take care of you, and you will be able to take care of those who will be the adults of tomorrow. I pass one year with you, and I will never forget it. Continue to be the best educators, continue to learn everyday about children and education; it's the best way to be professional. And I know you have all the strength to become that. To Artia Mark, Maren Saganash, LeeAnn Gilpin, Judy Visitor, Lydia Visitor, Pauline Georgekish, Elaine Georgekish, Shirlene Mistacheesick, Melissa Namagoose, Margaret Tomatuk, Eileen Hughboy, Lorna Visitor, Chantale Stephen, Vivian Gilpin, KEEP GOING ON LADIES. I will miss you. Your teacher, Josee.

I'd like to say I miss you to my in-laws. There isn't any thing in the world but to spend more time to you with you guys! You guys are the best! I wish you guys could just move here but I know it's impossible. Lol, I just want you guys to know that I'd growed very fond of you guys, and I love you guys to death! I couldn't ask for better in-laws, and that's what makes you all so special. I wish we could just come together and just spend all day with each other! You all and my family. That would be a pray come true (honestly)...anyway, I just want everyone to know that I love you all with all my heart & soul! And that I mean! Well anyway Gertie...thanks for giving me your son.lol...i promise to treat him good! Lol. How am I doing so far? Lol...anyway. You family are the best! I love you guys for that! Anyway...take care all right? Love you all! Love always and 4-ever! Pamela (Waswanipi). Xoxox.

Julianna Angel Rose: You are definitely an angel/ No one like you, none other/ Gorgeous is not even close.../As words are used to describe/ How you look on the outside/ Just ask grandpa he knows.../ I love that beautiful smile/ Makes me feel so much alive/ So many people come and go.../ As you crack from ear to ear/ They must have a good look/ But just wait till you grow.../ They haven't seen nothing yet/ All the girls must be careful/ Miss Indian World is coming.../ It may not be even tomorrow/ Patience they all must have/ Await while you are growing.../ What is beyond no one knows/ Not even me nor your mother/ Wonderful it has been so far.../ The laughter I hear from you/ Tells me a bit how you'll be/ I just love the way you are.../ You can't tell me your dreams/ know this I'll always be there/ For now I'll wait for that day.../ When you cry out calling daddy/ I'd run like flash only for you/ the way I feel it's hard to say.../ Life would be no good for me/ not to have you a part of it/ words can't express how I feel.../ Life in this world is not bad/ Now that you are here today/ Everything now seems so real... love daddy, John William Blackned. This goes out to my lovely little daughter born September 23, 2004.

Belated congratulations to our precious little angel Abrianna Pisiniquan on her walking out ceremony on May 14,2005. Love always Mom, Dad & your big brother Quentin (Chisasibi).

I'd like to say something to all the mothers in the Cree Nation... I'm a woman that can't get pregnant, and I desperately want a child of my own. I'm not here to judge you, but I'm here to say that you mothers are all so lucky you can have a child of your own. I have a baby here that I'm keeping as a foster child, and I love her to death. I would do anything in the world for her. When she calls me "mommy" I always correct her. I always tell her to call me by my name, but I can't seem to correct her; every time I tell her to call me by my name she always says "no," which is so sweet! I'm here to say that all you mothers that are carrying a child are so lucky. If you were in my shoes you would want a baby to call your own so bad! I swear! If you are carrying a child and you have second thoughts about that child, think again because you're having a child, and it is truly a blessing from God. Put yourself in my shoes for a minute and think of how painful it would be when you want a child and you can't get one, consider yourself lucky! Because having a child is truly a blessing from God! Thank God you can have one. I mean I would do anything in the world to have one of my own, one to call my own! Please think again! Love your child; be there for him or her. I promise you won't regret it in the future. She or he will love you like you love your mother. She or he would do anything in the world for you, you'll see! From: a woman who really wants to be a "MOMMY."

PUBLIC SERVICE ANNOUNCEMENTS – 400

Public Service Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kidshelp.sympatico.ca.

Commission scolaire de la Baie-James

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La Commission scolaire de la Baie-James est fière d'être partenaire de la *Commission scolaire Crie* et de participer à la formation des populations autochtones vivant sur le territoire nord-québécois.

The *Commission scolaire de la Baie-James*, is proud to be a *Cree School Board's* partner and participate at the education and traning for the First Nations living in Northern Quebec.

Les formations dispensées en 2003-2004

- Mécanique de véhicules légers (DEP) à Waskaganish
- Mécanique automobile (DEP) à Wemindji

The training dispensed in 2003-2004

- Light vehicles mechanics (DEP) in Waskaganish
- Automobile mechanics (DEP) in Wemindji

Les formations actuellement offertes en 2004-2005

- Mécanique industrielle de construction et d'entretien (DEP) à Chibougamau
- Mécanique automobile (DEP) à Chibougamau

The trainings actually offer in 2004-2005

- Industrial construction and maintenance mechanics (DEP) in Chibougamau
- Automobile mechanics (DEP) in Chibougamau

Contactez-nous... Contact us...

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COMMISSION SCOLAIRE HARRICANA

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Training in this field will enable you to work at the exploitation of one of the main natural resources of Quebec. To be resourceful, to like nature and to be manually skilled are advantages for working in this industry. The forestry industry will provide many challenges in the upcoming years, offering favourable opportunities to the graduates of this program.

Please note that this course is offered only in French. We can, however, offer this course in English to a group of people.

Pour de plus amples renseignements, consulte notre site Internet au: http://cfh.csharricana.qc.ca ou téléphone au (819) 732-3223.

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Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Chicken and Pineapple Kabobs

1/2 cup	low-fat, plain yogurt	125ml
1	garlic clove, minced	
1/4 tsp	ground ginger	1 ml
1 tsp	tomato paste	5 ml
1 tbsp	curry powder	15 ml
12 oz.	boneless, skinless chicken breast (cut in 24 pieces)	375g
8	1-inch cubes canned pineapple	
1	medium red onion (cut in 20 wedges)	
1	large green bell pepper (cut in 20 pieces)	
	Salt and black pepper to taste	
	cooking spray	

Directions

1. In a medium bowl, combine your yogurt, garlic, ginger, tomato paste, curry powder, salt and pepper, blending well. Mix in chicken, making sure to coat on all sides. Cover the bowl and refrigerate for 2 to 8 hours.
2. Preheat your grill or broiler. Soak the skewers in water for at least 15 minutes. Remove the chicken pieces from the marinade, making sure to scrape off and save the rest of the marinade. In a small saucepan, bring remaining marinade to a boil, then reduce heat to medium-low and simmer for 15 minutes. Use as a sauce on cooked kabobs.
3. On each skewer thread a piece of pineapple, then chicken, onion wedge and green pepper. Repeat, minus pineapple, until each kebab contains 6 pieces of chicken, 5 onion wedges, 5 pieces of pepper and 2 pineapple cubes (one cube at each end).
4. To help prevent charring, spray kabobs with cooking spray. Cook skewers 4 to 5 minutes, making sure they are far enough from the heat source to avoid charring. Turn and cook for another 4 minutes, until chicken juices run clear.

   Kabobs go especially well with freshly-cooked brown rice or tucked inside pita bread lined with lettuce leaves. Remaining cooked marinade can be used as a dressing inside pitas. Makes 4 servings.

TIP: Chicken can be replaced with turkey, goose, deer, moose or caribou. Simply adjust cooking times to compensate.

NUTRITIONAL ANALYSIS PER SERVING
(USING CHICKEN ONLY):

Calories: 161
Total fat: 2g
Sodium: 81mg
Carbohydrates: 14g
Protein: 23g

Northern

RISING ABOVE ISSUES OF ABUSE

First Peoples Helping First Peoples
RISING ABOVE

Addressing Issues of
SEXUAL ABUSE
RESIDENTIAL SCHOOL EXPERIENCE
PARENTING
SELF-ESTEEM
SUICIDE
GRIEF
ANGER

August 12 & 13, 2005
9:00 a.m. – 4:30 p.m. Sessions & Workshops

The Gathering Place
Waskaganish, QC

2005 Gospel Jamboree,
August 11-14, 7:00 p.m.

Conference Presenters

Carol Anne & Mervin Cheechoo

Selma Poulin

Terry & Brenda Martin

Howard Jolly

Linda &Rick Martin

RISING ABOVE IS:

- Initiated and governed by First Nations people;
- Committed to training First Nations people to be effective care givers;
- Conferences, seminars, workshops dealing with aboriginal issues located in cities and communities across Canada and the United States.
- A registered non-profit corporation

Mission Statement:

To address and raise awareness of the harmful effects of abuse issues among aboriginal people by providing biblical teaching, counselling and resource tools to equip First Nations to bring God's healing to our land

REGISTRATION/ INFORMATION

For information, registration or accommodations contact:

David and Greta Cheechoo
Waskaganish, QC
819-895-8640
dwcheechoo@aol.com

Paul and Hannah Moses
Waskaganish, QC
819-895-2403
mosespaul@hotmail.com

RISING ABOVE
Box 930
Niverville, MB R0A 1E0
Phone 204-388-5408
info@risingabove.ca
www.risingabove.ca

CONFERENCE FEES

- $40 per single adult
- $60 per married couple
- $15 per student 16 yrs and older
- Group rate: 15% discount for groups of 10 or more.

A list of names must be submitted along with registration. **One cheque for the total amount.**

All fees include taxes. Accommodations are **not** included.

Partial fees for attending only one day of the conference are not offered. Attendance at both days is strongly recommended.

He bore our griefs and carried our sorrows... and by His wounds we are healed. Isaiah 53:3-4

Gospel Jamboree 2005

Date: **August 11th to 14th, 2005**

Where **Waskaganish, Quebec**
At the Gathering Place

Time: **Evenings at 7:00pm**
Sunday morning service at 10:00am

Special Music

- Cree Youth Gospel Singers
- Johnny Cooper
- Abraham Jolly

Rising Above

Guest Speaker

- Pastor Mervin Cheechoo
- Gary Quequish

Kene & Milly Jackson

Rising Above Conference

August 12th, 13th, 2005
9:00am to 4:30pm
Sessions & Workshops

For more information contact:

David & Greta Cheechoo	**Tel: 819-895-8640**
Paul & Hannah Moses	**Tel: 819-895-2403**
Raymond Blacknod	**Tel: 819-895-8049**

For accommodations, contact:

Jimmy & Emma Jacob **Tel: 819-895-8638**

...Sing unto the Lord a new song...Psalm 98:1

Hosted by Waskaganish Cree Gospel Fellowship Church

Cree Nation of Mistissini Golf Classic

2nd Annual

Thursday, July 28, 2005
Club de golf Chibougamau-Chapais

Registration Fees

Corporate*		Individual**	
Platinium	$1500	Foursome	$400
Gold	$1000	Individual	$100
Silver	$750		
Bronze	$500	Dinner only	$40

*Includes 4 Golf Fees and 4 Dinners
** Includes Golf Fees and Dinner

SPECIAL EVENT

Longest Drive on the shore of Mistissini Lake
Wednesday July 27th 5p.m. Major prizes to be won
(Location Mistissini Lodge)

Title sponsor: QUALITAS Montérégie | Groupe STAVIBEL

CONTEST

Hole #4 Hole-in-one
Hole #6 Hole-in-one
Hole #7 Longest Drive
Hole #8 Fairway Placement

CHIBOUGAMAU AUTOMOBILE
J.A. MacLEOD EXPLORATION

Chipping contest!
Putting contest!

Our Objective is to **unite** interested people for the **advancement** and **respect** of our **youth.** All proceeds raised will be **allocated toward youth athletic fund**

Participation Prizes:
Golf Items, Sporting Goods, Gift Certificates
and Many More

For more information contact:
Anthony Macleod
Event Coordinator
Tel: (418) 923-3461 ext.: 231 Fax: (418) 923-3115 macleodants@hotmail.com

Deadline to register: Thursday, July 21, 2005

Your travel choice!

Professionalism, discretion and reliability.

Air Creebec

For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca